



Soul Sisters

This article is a reprint from

Energy magazine™

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Andrea Scalisi

Not long ago, a standing lunch date with my oldest friend happened to occur on a day when we were both experiencing turbulence in our lives. As soon as our eyes met, a mutual knowing was exchanged. The goddess radar had clearly detected that something had both our divine knickers in a twist.

We headed to our dining spot, exchanged pleasantries and caught up on our regular topics. It did not take long before the suspense got to me. I asked my friend if she wanted to discuss what was bothering her. She opens up easily, so in true form she shared her troubles, acknowledged her own role in the matter and moved through her process with an easy grace.

Then it was my turn. “Do you want to talk about it?” she asked. “No,” I replied, shoving a piece of flat-bread the size of Wisconsin into my mouth. “That is okay,” she said (and she meant it). Well, before she knew what was coming, the floodgates opened and I unleashed every wave of disappointment, anger, sadness and injustice that I had pent up inside. I went from zero to dragon lady in 2.2 seconds. Four hours, two almond milk lattes and one nerf ball sized cinnamon bun later—we both felt peaceful. (Granted, her peace probably came from the fact

that I had finally stopped talking).

I am incredibly grateful to say that I have more than one of these sacred friendships in my life. Some of them I have had for decades, others just a few years. My relationships with each of these women have some things in common. Here is how to identify your own soul sisters:

Your relationship transcends time and space. Your experiences together may date back to your sandbox days or you may have met as adults and formed an instant kinship. Either way, you have the distinct knowing that your souls are dear old friends. Time apart has no bearing on this bond. They are at the top of your list when you have wonderful, exciting news to share. And when times are tough, text messages a quarter mile long that start with “I know this is stupid but I just need to vent” are welcomed at all hours.

You feel comfortable being vulnerable. This one is huge. We all wear masks. You have the persona you portray when you are at work, another with acquaintances, another when you are in the mom role, and so on. But when you are with one of these special ladies, the masks come off and your true self comes through—the good, the bad and the ugly. She accepts



it all, with no judging. That is what makes your interactions so nourishing for your soul.


You uplift each other. You will know who your soul sisters are simply by the way you feel when you are around them. Laughter magically weaves itself into the deepest conversations. If you pay close attention, you can physically feel your heart open, stress hormone levels drop and all the other immune boosting conditions you experience when the relaxation response occurs. (The opposite of the fight-or-flight response). Soul sisters are good for your health!

They honor your brand of crazy. One of the best perks of these sacred friendships is that you do not have to justify or rationalize why you are feeling the way you do. These friends know where your old wounds are, and how they affect your relationships and experiences. Isn't that so comforting, to feel truly validated and understood? On the flip side of that coin, they can serve up the doses of reality you need without beating around the proverbial bush. Their advice does not offend you in the slightest, because

you know it is coming from a pure and loving place.

You own property in each others' hearts. Perhaps the sweetest thing about these sacred sisterhoods is the peace that comes from knowing your soul is completely safe with them. Their hearts happily serve as a haven for your deepest fears, nonsensical insecurities, your most daring hopes and wildest dreams.

If you are fortunate enough to share one of these priceless sisterhoods, you are beyond blessed. The souls of these wingless angels chose to include your well-being as part of their life's purpose. Is there any higher honor? Cherish your time with these ladies and keep them in your prayers when you are apart.

Give a shout out to your soul sisters today! What would we ever do without them? 



Author Andrea Scalisi can be found at www.TheHavenShoppe.com.